

MODULE 3: NUTRIENTS TO GET MORE OF

1. Get your computer.
2. Log in and go to goggle chrome.
3. Watch the video on the changes to the food label (you will need your ear buds or headsets)
<https://tinyurl.com/ybwrtfwp>
4. Read the next page "Background Info" use RUNNERS as you read

This meal planning exercise will let you try to "cook up" a healthy breakfast, so answer the following

• What is your favorite breakfast?

• What do you like about it?

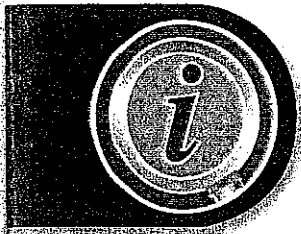
• What nutrients do you think are in your breakfast?

• What do you think you need to get more of to help get your day started?

• Are there any important nutrients you might be missing?

5. Using the following link "Nutrition Facts Cards" to create your own healthy breakfast as you complete the "Student Worksheet Meal Planning – Breakfast" Handout.
<https://tinyurl.com/yc4mg4po>
6. Beware of serving sizes ... are you having more than 1 serving? If so, you need to do the math and write the information in your columns correctly.
7. Use the calculator to add your cumulative %DV total's and complete the bottom of the "Student Worksheet Meal Planning – Breakfast"

Turn in your work before you leave the classroom.



BACKGROUND INFORMATION

A healthy eating pattern is not a rigid prescription, but rather a range of options that can include cultural, ethnic, traditional, and personal preferences, taking into account food cost and availability. There is flexibility in making choices to create a healthy eating pattern that meets nutrient needs and stays within calorie limits.

A healthy eating pattern focuses on nutrient-dense foods. Nutrient-dense foods and beverages contain vitamins, minerals, dietary fiber, and other substances that may have positive health effects, while contributing relatively few calories.

Strategy for a Nutrient-Dense Diet

To achieve a nutrient-dense diet, eat a variety of foods and beverages within calorie needs, including:

- fruits and vegetables
- whole grains
- fat-free or low-fat dairy products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

Good Sources of Nutrients To Get More Of

| | | | |
|--|--|---|--|
| <p>Calcium</p> <ul style="list-style-type: none"> • Canned seafood with bones (such as salmon and sardines) • Dairy products • Fortified cereals and juices • Fortified soy and almond beverages • Green vegetables (such as spinach, kale, broccoli, turnip greens) • Tofu (made with calcium sulfate) | <p>Vitamin A</p> <ul style="list-style-type: none"> • Cantaloupe • Carrots • Eggs • Fortified cereals • Green leafy vegetables (such as spinach and broccoli) • Milk and milk products • Pumpkin • Red peppers • Sweet potatoes | <p>Dietary Fiber</p> <ul style="list-style-type: none"> • Beans and peas (such as navy beans, split peas, lentils, pinto beans, and black beans) • Bran • Fruits and vegetables • Nuts • Whole grains | <p>Vitamin C</p> <ul style="list-style-type: none"> • Broccoli • Brussels sprouts • Cantaloupe • Citrus fruits and juices (such as oranges and grapefruit) • Kiwifruit • Peppers • Strawberries • Tomatoes and tomato juice |
| <p>Iron</p> <ul style="list-style-type: none"> • Beans and peas • Meat • Poultry • Prunes and prune juice • Raisins • Seafood • Spinach • Whole grain and enriched cereals and breads | <p>Vitamin D</p> <ul style="list-style-type: none"> • Eggs • Fish (e.g., herring, mackerel, salmon, trout, and tuna) • Fish liver oil • Fortified cereals • Fortified dairy products • Fortified margarine • Fortified orange juice • Fortified soy beverages | <p>Potassium</p> <ul style="list-style-type: none"> • Bananas • Beet greens • Juice (carrot, pomegranate, prune, orange, and tomato) • Oranges and orange juice • Potatoes and sweet potatoes • Prunes and prune juice • Spinach • Tomatoes and tomato products • White beans • Yogurt (plain) | |

STUDENT WORKSHEET


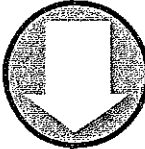
MEAL PLANNING – BREAKFAST

Name _____ Date _____ Class/Hour _____

Directions: Use available Nutrition Facts label resources to create a healthy breakfast. Be sure to factor in the number of servings you plan to consume. Describe the breakfast below and record the nutrition facts.

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| Food Name | | | | | | | | |
| Calories/Serving | | | | | | | | |
| Serving Size | | | | | | | | |
| # of Servings Consumed | | | | | | | | |
| Totals: (nutrient value x number of servings) | | | | | | | | |
| Total calories | | | | | | | | |
| Total fat | | | | | | | | |
| Saturated fat (%DV) | | | | | | | | |
| <i>Trans</i> fat* | | | | | | | | |
| Cholesterol (%DV) | | | | | | | | |
| Sodium (%DV) | | | | | | | | |
| Total Carbohydrate (%DV) | | | | | | | | |
| Dietary Fiber (%DV) | | | | | | | | |
| Sugars* | | | | | | | | |
| Added Sugars (if available) | | | | | | | | |
| Total Protein* | | | | | | | | |
| Vitamin A (%DV) | | | | | | | | |
| Vitamin C (%DV) | | | | | | | | |
| Vitamin D (%DV) | | | | | | | | |
| Calcium (%DV) | | | | | | | | |
| Iron (%DV) | | | | | | | | |
| Potassium | | | | | | | | |

*While the Nutrition Facts label does not list a %DV for *trans* fat, sugars, or total protein, you can record the grams of sugars and total protein and the milligrams or grams of *trans* fat for these.

| | | |
|---|--|---|
|  | <p>What is your cumulative breakfast %DV for each of the following:</p> <p>Vitamin A _____</p> <p>Vitamin C _____</p> <p>Vitamin D _____</p> <p>Calcium _____</p> <p>Iron _____</p> <p>Potassium _____</p> |  |
| | <p>What is your cumulative breakfast %DV for each of the following:</p> <p>Saturated fat _____</p> <p>Sodium _____</p> <p>Added sugars (if available) _____</p> <p><i>Trans</i> fat _____</p> | |